

Full Report (All Nutrients) 01153, Milk, canned, evaporated, with added vitamin A

Report Date: December 05, 2015 15:17 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.5g	0.5 cup 126g
Proximates						
Water	g	74.04	--	--	23.32	93.29
Energy	kcal	134	--	--	42	169
Energy	kJ	562	--	--	177	708
Protein	g	6.81	--	--	2.15	8.58
Total lipid (fat)	g	7.56	--	--	2.38	9.53
Ash	g	1.55	--	--	0.49	1.95
Carbohydrate, by difference	g	10.04	--	--	3.16	12.65
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	261	--	--	82	329
Iron, Fe	mg	0.19	--	--	0.06	0.24
Magnesium, Mg	mg	24	6	0.716	8	30
Phosphorus, P	mg	203	--	--	64	256
Potassium, K	mg	303	--	--	95	382
Sodium, Na	mg	106	--	--	33	134
Zinc, Zn	mg	0.77	26	0.027	0.24	0.97
Copper, Cu	mg	0.016	--	--	0.005	0.020
Manganese, Mn	mg	0.006	--	--	0.002	0.008
Selenium, Se	µg	2.3	13	0.280	0.7	2.9
Fluoride, F ^{1 2}	µg	8.5	19	1.113	2.7	10.7
Vitamins						
Vitamin C, total ascorbic acid	mg	1.9	--	--	0.6	2.4
Thiamin	mg	0.047	--	--	0.015	0.059

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Riboflavin	mg	0.316	--	--	0.100	0.398
Niacin	mg	0.194	--	--	0.061	0.244
Pantothenic acid	mg	0.638	5	0.032	0.201	0.804
Vitamin B-6	mg	0.050	21	0.002	0.016	0.063
Folate, total	µg	8	1	--	3	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	1	--	3	10
Folate, DFE	µg	8	--	--	3	10
Vitamin B-12	µg	0.16	9	0.015	0.05	0.20
Vitamin A, IU	IU	397	--	--	125	500
Lipids						
Fatty acids, total saturated	g	4.591	--	--	1.446	5.785
4:0	g	0.195	1	--	0.061	0.246
6:0	g	0.134	1	--	0.042	0.169
8:0	g	0.054	2	--	0.017	0.068
10:0	g	0.110	11	0.017	0.035	0.139
12:0	g	0.161	12	0.015	0.051	0.203
14:0	g	0.733	12	0.035	0.231	0.924
16:0	g	2.027	12	0.060	0.639	2.554
18:0	g	0.921	12	0.027	0.290	1.160
Fatty acids, total monounsaturated	g	2.335	--	--	0.736	2.942
16:1 undifferentiated	g	0.159	12	0.012	0.050	0.200
18:1 undifferentiated	g	2.101	--	--	0.662	2.647
Fatty acids, total polyunsaturated	g	0.245	--	--	0.077	0.309
18:2 undifferentiated	g	0.167	--	--	0.053	0.210
18:3 undifferentiated	g	0.078	2	--	0.025	0.098
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	29	--	--	9	37
Amino Acids						
Tryptophan	g	0.096	--	--	0.030	0.121
Threonine	g	0.307	--	--	0.097	0.387
Isoleucine	g	0.412	--	--	0.130	0.519
Leucine	g	0.667	--	--	0.210	0.840

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.5g	0.5 cup 126g
Lysine	g	0.540	--	--	0.170	0.680
Methionine	g	0.171	--	--	0.054	0.215
Cystine	g	0.063	--	--	0.020	0.079
Phenylalanine	g	0.329	--	--	0.104	0.415
Tyrosine	g	0.329	--	--	0.104	0.415
Valine	g	0.456	--	--	0.144	0.575
Arginine	g	0.247	--	--	0.078	0.311
Histidine	g	0.185	--	--	0.058	0.233
Alanine	g	0.235	--	--	0.074	0.296
Aspartic acid	g	0.517	--	--	0.163	0.651
Glutamic acid	g	1.426	--	--	0.449	1.797
Glycine	g	0.144	--	--	0.045	0.181
Proline	g	0.660	--	--	0.208	0.832
Serine	g	0.370	--	--	0.117	0.466

Sources of Data

¹J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion